

Whole Hand Activities

Whole Hand

Walk & Flip

5

Walk your fingers up the pencil (your index will look like an inchworm climbing the pencil). Flip the pencil over and walk your fingers again.

Then try with the other hand.

Whole Hand

Baton Twirl

10

Rotate the pencil in, around and between all your fingers like it was a baton.

Then try with the other hand.

Whole Hand

Rolling Pencil

15

Start with the pencil held across all the finger tips of one hand. Use your thumb to roll the pencil into your palm and back to your finger tips. Repeat 2-3 times then try the other hand.

Whole Hand

Super Hands

20

Start with your wrist, knuckles and fingers straight and pointing to the sky.

Then make a hook with your fingers but keep your knuckles straight. Hold for 2 seconds. Then straighten your fingers. Repeat 5-8 times.

Next make a fist by bending your fingers and your knuckles. Hold for 2 seconds. Then straighten your fingers and knuckles. Repeat 5-8 times.

Finally bend your knuckles but keep your fingers straight. Hold for 2 seconds. Then straighten your fingers and knuckles. Repeat 5-8 times.

Thumb and Finger Strength Activities

Thumb & Fingers

Circles

4

Touch your thumb to your first finger tip and make a circle. Then stretch your thumb out to the side. Repeat for each finger. Repeat 2-3 times.

Do this for both hands.

Thumb & Fingers

Tips Only

9

Make a hook with your fingers on one hand but keep your knuckles straight. Hold for 2 seconds. Then straighten your fingers. Repeat 5 times.

Hold the middle of your thumb just below the top crease. Bend your thumb tip down. Hold for 2 seconds. Then straighten your thumb tip. Repeat 5 times.

Use your other hand to hold your finger straight, then bend your finger tip down. Hold for 2 seconds. Then straighten your finger. Repeat 2-3 times.

Do this for both hands.

Thumb & Fingers

Bow Politely

14

Make a fist with your left hand by bending your fingers. Hold for 2 seconds. Then straighten your fingers. Repeat 5 times.

Hold the base of your left thumb firmly. Bend your thumb down. Hold for 2 seconds. Then straighten your thumb. Repeat 2-3 times.

Use your right hand to hold the knuckle joint of your left hand straight, then bend your fingers down one at a time. Hold each for 2 seconds. Then straighten your finger. Repeat 2-3 times.

Then swap and do the same on the right hand.

Thumb & Fingers

Finger Bend

19

Extend arms and fingers straight out in front of you at chest height in a "mummy" position. Keeping the knuckles and wrists straight, and palms facing upwards, bend the fingers until they face your body and then straighten them out. Do not create a fist while bending your fingers. Repeat 5-10 times.

Thumb & Fingers

Finger Walk

23

Place both hands on a flat surface such as a desk, table or wall. Spread your fingers slightly apart and one at a time, move your fingers toward your thumbs while keeping the other fingers still. Reverse the process and walk your little, ring, middle and index fingers away from your thumb. Repeat 2-3 times.

Thumb & Fingers

Finger Twirls

26

Rest arms on a flat surface in front of you.

Place hands together with fingers pointing towards the sky (palm to palm) and push hard against each other for 2 seconds relax.

Keep the finger and thumb tips together and gently move your arms and hands apart.

Circle your thumbs around each other in both directions for 5 seconds then place them back together again.

Then circle the index finger around each other in both directions for 5 seconds and then place the finger tips back together again.

Repeat this for the middle, ring, and little fingers.

Then push the hands back together again and push hard against each other for 2 second, release and shake out.

Crossing the Mid-line

Activities

Crossing the Mid-line

Lazy 8's

2

Trace large "lazy eights" (a figure of 8 on it's side) in the air, so that the drawing hand crosses the middle of the body, 5-8 times with one hand then repeat with the other. Track your hand with your eyes while keeping the head still.

Crossing the Mid-line

Windscreen Wipers

25

With arms hanging down by your sides slowly raise both arms out to the side of your body to shoulder height, hold for 2 seconds.

Then raise them straight up above your head.

Swing both arms to the left till the right arm touches the right ear.

Then swing both arms to the right till the left arm touches the left ear. Change swing direction again , do this for 5 swings on each side.

Then hold arms up straight above your head then lower slowly to shoulder height on either side of the body, hold for 2 seconds.

Next slowly lower your arms till they are hanging down by the sides of your body.

Repeat once more.

Crossing the Mid-line

Butterflies

7

Start by holding arms straight out in front of the body, then link the thumbs to make an X , lift the palms so that they are facing out and finger tips point to the sky. Then draw lazy 8's (figure of 8 on it's side)in the air start by moving to the left for 5 eights lazy 8's and then 5 moving to the right as a start point.

Crossing the Mid-line

Scissor Cuts

17

Raise your arms to shoulder height straight out in front of you with the palms facing downwards. Then cross your arms over one another in a scissors action. Do this 10 times with the same arm moving across the top of the other , then swap arms for 10 more scissor cuts.

Crossing the Mid-line

Macarena

12

Raise the right hand to the left ear-hold in place- then your left hand to your right ear-hold in place. Then move your right hand to your left elbow-hold in place- next move your left arm to your right elbow-hold in place. Move your left hand out in front of you so it bent at 90 degrees with the elbow at your side with the palm facing upwards, then do the same with your right arm. Finally turn the left palm downwards and place the table in front of you , do the same with

Crossing the Mid-line

Paper Chase

22

Place index fingers on to the middle of the paper side by side.

Right index finger is moved to touch the top left hand corner of the paper.

Left index finger moves to touch the top right hand corner of the paper , by moving the left hand up and over the right arm.

Right hand pulls back under the left arm and then over the top of the left arm so that the right index finger can be placed on the middle edge of the left hand side of the paper.

Left hand pulls back under and then over the right arm so that the left index finger can be placed on the middle of the edge of the right hand side of the paper.

Right hand is pulled under and over the left arm so that the right index finger can be placed on the bottom left hand corner of the paper.

Left hand is pulled under and then over the right arm so that the left index finger can be placed on the bottom right hand corner of the paper.

Right hand is pulled back under the left arm and the right index finger is placed in the start position at the middle of the paper.

Left hand is pulled out from under the right arm and the left index finger placed next to the right index finger in the middle of the paper (start position). Repeat 2-3 times.

Shoulder Stability Activities

Shoulder Strength

Hand Pushes

1

Place your palms together, with elbows out and forearms held horizontally.

Now push your hands together as hard as you can and hold for 5 seconds - you should feel all the muscles around your shoulder girdle contract.

Repeat a few times.

Shoulder Strength

Chair Push Ups

6

Put your hands on either side of the chairs that you are sitting on and PUSH, until your bottom rises off the chair. To start with just repeating the push will be enough; later you can make it more challenging by holding the position for a couple of seconds. Increase the difficulty by lifting your feet off the floor and hold them off while raising your bottom off the chair.

Shoulder Strength

Up We Go

11

Hands hold opposite elbows, so the left hand holds on to right elbow and the right hands holds on to the left elbow. Now lift your arms a single motion over the head, return to waist. Repeat 10 -15 times.

Shoulder Strength

"I Don't Knows"

16

Start with Your arms down by your sides and then bend the elbows 90 degrees with palms facing up wards. Then lift the shoulder up towards the ears hold for 2 seconds or say slowly "I don't know!" then release the shoulders. Repeat 5 times.

Shoulder Strength

Desk Push Ups

21

First place hands flat on desks with thumbs and finger tips facing each other about a shoulder width apart so that elbows a bent ,creating a triangle. Bend forward so that the nose dips into the triangle between the hands. Push back up by straightening your arms to return to an upright sitting position. Repeat 10 -15 times.

Shoulder Strength

Bear Hug

24

Stretch the right arm across your body and try to touch your left shoulder blade with your right hand. Then stretch the left arm across your body, laying it under the right arm and try to touch the right shoulder blade with the left hand.

Hug yourself tightly for 2 seconds then release the hold.

Then stretch the left arm across your body and try to touch the right shoulder blade with the left hand.

Next stretch the right arm across your body, laying it under the left arm, and try to touch the left shoulder blade with the right hand.

Hug yourself tightly for 2 seconds then release the hold.

Wrist Strength Activities

Wrist Strength

Wrist Circles

3

Extending your arms straight out in front of you with your palms facing down. Make a fist with your fingers wrapped around your thumb. Rotate your wrists clockwise and then counter-clockwise six times in each direction.

Wrist Strength

Wrist Lifts

13

Ask your child to place their left forearm on the table and hold it down with their right hand. Then ask them to make a fist and bend their wrist gently back as far as possible for 5 seconds. Repeat 5 to 10 times. Then do the same activity with the right wrist.

Wrist Strength

Door Knobs Turns

8

Stretch arms in front of you with elbows slightly bent and palms facing upwards. Keep your fingers together and your thumbs open. Turn both hands inwards at the wrist so that your thumbs point down towards the floor and return to start position, 10 -15 times.

Wrist Strength

Heel Swing

18

Lay hands out flat on the table straight out in front of you about shoulder width apart. Then pivot on the thumb area of the heel of the hand so that the fingers sweep across the table inwards towards the thumbs. The thumbs should then end up close to the edge of the table and the finger tips of both hands pointing towards each other. Then swing back to the start position.

Next swing the hand outwards trying to get the little finger as close the table edge as comfortably as possible, then return to the start position. Repeat both moves 5 times.